DOCUMENT RESUME

ED 437 516 CE 079 586

AUTHOR Hudson, Frederic M.
TITLE The Adult Years: Mastering the Art of Self-Renewal. Revised Edition.
ISBN ISBN-0-7879-4801-2
PUB DATE 1999-00-00
NOTE 333p.
AVAILABLE FROM Jossey-Bass Publishers, 350 Sansome Street, San Francisco, CA 94104 ($24.95). Tel: 415-433-1740; Fax: 415-433-0499.
PUB TYPE Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS *Adult Development; Adult Education; Adults (30 to 45); *Aging (Individuals); Developmental Stages; Empowerment; Individual Development; *Life Events; Life Satisfaction; Middle Aged Adults; Midlife Transitions; Older Adults; Quality Of Life; Self Actualization; Well Being; Young Adults

ABSTRACT

This book identifies skills and competencies that can empower adults throughout the life cycle. Part 1 focuses on the emerging adult. Chapter 1 contrasts new opportunities for adult living with the negative belief that the United States' best days are behind. Chapter 2 makes a case for a cyclical pattern for understanding adult life. Part 2 interprets the cycle of life change and describes human skills that empower adult life chapters and life transitions. Chapter 3 presents the pattern of adult change, with 4 phases of change and 10 life skills for enabling adult renewal and empowerment. Chapter 4 describes how to build strong adult life chapters and cooperate with their endings. Chapter 5 interprets life transitions that occur when life chapters cannot be sustained, repaired, or renewed. Part 3 portrays the adult life cycle. Chapter 6 explains how adults define life meaning and mission across the life cycle. Chapter 7 describes today's 20- and 30-year-olds. Chapter 8 examines how 40- and 50-year-olds express their life purpose, as self-reliance and interdependence become important focal points. Chapter 9 looks at continuities and changes in 60- to 90-year-olds as adult life continues to find new orientations. Chapter 10 presents 6 principles of life-cycle change. Part 4 applies the ideas to the self-renewing process in people and society. Chapter 11 explores the connections between adult life and global chaos. Chapter 12 outlines 10 qualities of self-renewing people. Chapter 13 shows the importance of adult mentor-coaches. The book contains 593 references, endnotes, and an index. (YLB)

Reproductions supplied by EDRS are the best that can be made
from the original document.